



King County Councilmember
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Farm News from King County Councilmember Pete von Reichbauer

Dear Friends,

I am pleased once again to share with you my seasonal Farm Fresh Newsletter! The spring and summer harvest produce beautiful flowers, fresh fruits, and vegetables that attract bustling crowds to our local farmers markets.

In addition to high-quality products, local farms are a key component to South King County's economic engine and culture. Supporting local agriculture ensures job creation for our region, particularly in our rural communities.

My hope is that this guide will encourage you to take advantage of our region's local farmers markets, and in so doing, help contribute to our local economy.

I have included in this guide a map of local farms and markets in our region to make it easy for you to visit. For additional information please visit Puget Sound Fresh, an organization created to promote the purchase of locally grown products, at www.pugetsoundfresh.com or you can always call my office at (206) 296-1007.

See you at the market!

A blue ink handwritten signature of Pete von Reichbauer.

Pete von Reichbauer
King County Councilmember
Spring 2008



Farmers Markets

1 Renton Farmers Market

Contact: Linda Middlebrooks

Address: S. Third Street between Logan and Burnett

Phone: (425) 679-1502

Email: jmidbk@aol.com

Website: www.rentonfarmersmarket.com

Hours: Tuesdays, 3pm-7pm, June 3-Sept. 16

Description: Come for our delicious, locally grown or produced foods, fabulous flowers, delightful family entertainment and some unique handcrafted items. Enjoy frequent children's activities, Master Gardeners and lots more all summer long.

Directions: From I-405, take exit 2 and proceed north on Rainier Avenue to S. 3rd Street. Turn right. Head east. The Piazza is located on S. 3rd Street, between Logan and Burnett Avenues.

2 Burien Farmers Market

Contact: Debra George

Address: SW 152nd and 10th SW, right in Olde Burien

Phone: (206) 433-2882

Email: debrageorgemi@aol.com

Website: www.discoverburien.com

Hours: Thursdays, 11am-6pm, May 8-Oct. 9

Description: Enjoy fresh Washington State fruits, vegetables and flowers along with unique crafts at our weekly farmers market. Savor the flavors of our region's farms and celebrate our community at this lively market open throughout the summer harvest season. It's a great place to meet your neighbors, shop for delicious, healthy locally produced foods and crafts, or enjoy a summer stroll. Right in Olde Burien, with lots of easy parking.

3 Des Moines Waterfront Farmers Market

Contact: Ricki Marohl

Address: 22307 Dock Avenue S, Des Moines Marina

Phone: (206) 310-8040

Email: DMFM@farmingandtheenvironment.org

Website: www.farmingandtheenvironment.org/DMFM

Hours: Saturdays, 10am-2pm, June-Oct.

Description: Pick up fresh, nutritious foods grown by Washington family farmers using environmentally friendly growing practices. Enjoy our market's community atmosphere hosting up to thirty vendors with a wide variety of freshly harvested products direct from the farmer; including fresh cut flowers, a limited selection of our best local crafts and delicious lunch foods. Visit our website for our featured musician, special community events and a complete vendor listing.

Directions: From I-5, take Kent/Des Moines exit, head west on S. Kent Des Moines Rd., continue straight onto Marine View Drive S. (Rt. 509). Turn west onto S. 227th St. to the Marina. Bus Route 131 to S. 227th St. & Marine View Drive S. Stop.

4 SeaTac Farmers Market

Contact: Trudy Olson

Address: At Angle Lake Park - 19408 International Boulevard, SeaTac

Phone: (206) 973-4763

Email: tolson@ci.seatac.wa.us

Hours: Sundays, 11am-3pm, June 15-Sept. 14

Description: Our community marketplace will provide farmers and consumers with regionally grown farm-fresh produce, baked goods, garden plants and flowers, along with scheduled entertainment and several family oriented theme market days. Located in beautiful Angle Lake Park just south of the Sea-Tac Airport.

Directions: From north or south I-5 take South 188th Street exit and head west (toward Sea-Tac Airport). Turn left on International Blvd. Go to light at South 194th Street and turn left into the park.

5 Federal Way Farmers Market

Contact: Karla Kolibab

Address: Sears Parking Lot, 1701 S. 320th, Federal Way

Phone: (253) 261-8157

Email: federalwayfarmersmarket@yahoo.com

Website: www.federalwayfarmersmarket.com

Hours: Saturdays, 9am-3pm, May 10 - Oct. 25

Description: Enjoy festive outdoor shopping – where you can sample before you buy. Purchase the freshest fruits and vegetables direct from the farmer. Take home the season's fresh cut flowers, bakery products, honey, wine, and organic coffee. Local crafters sell fabulous jewelry, bird houses, pottery, candles, clothing, baby and pet supplies. Nursery vendors offer unique and colorful arrays of plants, vegetables and hanging flowers. A Master Gardener is always on site. Enjoy delicious snacks, breakfast or lunch in our covered eating area, while listening to live music. Special event days for the whole family held monthly. Plenty of parking, accessible to handicapped.

Directions: Take I-5 to 320th, go west on 320th to the Sears Parking Lot at The Commons Mall.

6 Kent Farmers Market

Contact: Kent Lions Club

Address: On the corner of 2nd & Smith Streets, Kent

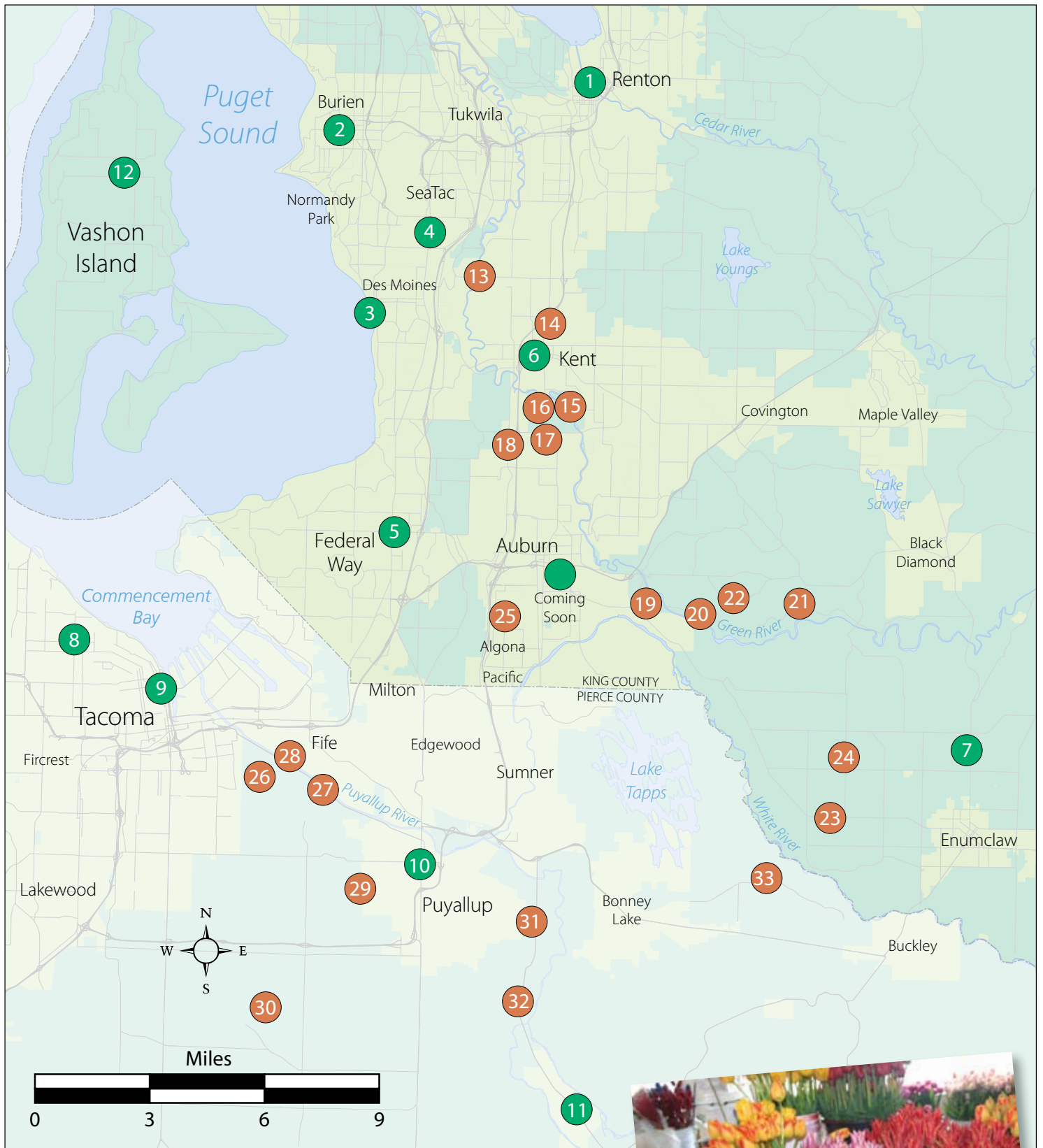
Phone: (253) 486-9316

Email: kentfarmersmarket@hotmail.com

Website: www.kentlionsclub.org

Hours: Saturdays, 9am-2pm, June-Sept. No market July 12

Description: The Kent Farmers Market is another Kent Lions community service project located at Kent's newest park, the "Town Square Plaza" at the major intersections of 2nd Ave. & Smith Street in downtown Kent. Our open-air farmers market features in-season fruits & vegetables, plants and crafters.



Map of Farmers Markets and Farms in our region

Green circles indicate locations of local farmers markets.

Orange circles indicate locations of local small farms.



Directions: From I-5, take Kent-Des Moines exit. Follow to bottom of hill. At Meeker Street take a left. Follow to 4th Ave. & Meeker St. Market will be just ahead. From Hwy 167 - northbound, take Willis St. exit. Turn right onto Willis, left onto 4th Ave. and take a left. From I-405, take Kent-Auburn exit onto Hwy 167. Follow until Willis St. exit. Turn left onto Willis, go to 4th Ave. & take a left. Market will be on right.

7 Country Farmers Market

Contact: Janice Hammerstrom
Address: 40709 264th Ave. SE, Enumclaw
Phone: (360) 802-6800
Email: jhammer@countryfarmersmarket.com
Website: www.countryfarmersmarket.com

Hours: Daily, 10am-7pm., May – October and Thurs. – Sun., 11am-4pm, Nov. & Dec.

Description: Buy local and eat local. We are a full service on-farm market specializing in local in-season produce and products, pure ciders, jams, condiments, gifts and gift baskets. Our goal is to support local farms and farmers. Please stop by to tour our market, vegetables gardens, flower gardens, and get your free sample of our own decadent locally made fudge.

Directions: Located 2 miles north of Enumclaw on the west side of Hwy 169. From Hwy 405 (North or South) get off at Hwy 169 (Maple Valley Hwy), to 23 miles to market on the right side of the road. From Hwy 410 (east or West) go to Enumclaw, follow signs to Hwy 169 (Maple Valley Hwy). We are 2 miles north of town on the left side of the road. From Auburn, take the Auburn Way S which becomes the Auburn-Enumclaw Rd SE or WA-164 (from hwy 18, drive about 7 miles), turn left onto SE 400th St. Drive 5.7 miles to 264th Ave. Se (Wa-169th) turn right at light. The market is located .4 miles on the right.

8 Proctor Farmer's Market

Contact: Felicity Devlin and Jessica Troy
Address: N 27th & Proctor on N 27th, Tacoma
Phone: (253) 961-3666
Email: proctorfm@yahoo.com
Website: www.proctorfarmersmarket.com

Hours: Saturdays, 9am-2pm, April 26-Nov. 1

Description: Our open air farmers market is located in the heart of Tacoma's historic Proctor District. We feature organic fruits, vegetables, herbs, plants, fresh cut flower, fresh salmon, grass fed meats, hot food, bakery items and live music.
Directions: From I-5 City Center exit, take Schuster Parkway to N 30th Street. Travel on N 30th St. to Proctor. Turn left on Proctor. Market is on N 27th St at Proctor.

9 Tacoma Farmers Market

Contact: Laura Edwards
Address: 905 Broadway, between 9th and 11th
Phone: (253) 272-7077
Email: laura@tacomafarmersmarket.com

Website: www.tacomafarmersmarket.com

Hours: Thursdays, 9am-2pm, May 15-Oct.16

Description: Our large, outdoor market features many local growers, a vast array of heritage produce, flowers, meats, locally crafted processed edibles and beautiful artisan products. Entertainment daily!

Directions: From I-5 north or south, take exit 133 or I-705 North toward City Center. Take A street exit toward City Center. Turn left on South 11th St. Turn right on Broadway.

10 Puyallup Farmers Market

Contact: Janie Morris
Address: Pioneer Park Pavilion, 330 So. Meridian, Puyallup
Phone: (253) 840-2631
Email: farmersmarket@puyallupmainstreet.com
Website: www.puyallupmainstreet.com

Hours: Saturdays, 9am-2pm, May 3 – Oct. 25 and Sundays, 10am-2pm, May 4 – Aug. 31.

Description: Join us all season long for a fun-filled market packed with



Pete tours Carpinito Brothers Farm in Kent with Karen Boyd, Mike Carpinito and Kim Lobdell. Carpinito Brothers is family owned and operated, and has tilled the Kent Valley for over 30 years.

locally-grown fresh produce, seafood, healthy nursery stock, flowers, yummy baked goods, crafty gifts and delicious foods. A delightful indoor-outdoor setting in the Pavilion at Pioneer Park. Watch for informal gardening, food preparation and preservation classes, a sunflower growing contest, Art at the Market, a creative hands-on booth for children staffed by Valley Arts United, and lots of other family fun.

Directions: From I-405, take the WA-167 S. exit toward Kent/auburn, follow 167 S. to Hwy 512 Puyallup, take Pioneer exit, turn left (west), left at Meridian, end at 330 S. Meridian, Puyallup.

11 Orting Saturday Market

Contact: Beckie Meek

Address: Corner of Washington/Calistoga St

Phone: (360) 893-5200

Email: bmeek@cityoforting.org

Website: www.cityoforting.org

Hours: Saturdays, 9am - 1pm, June 21st - Aug. 9th

Description: With Mt. Rainier as the backdrop and the Foothills Trail at the foot, the Orting Saturday Market is a meeting place for everyone. A community inspired market is a place for reflective solitude down the trail. Bring your bikes, have some lunch and enjoy our version of country living with modern amenities. We hope you will make Orting your destination city. You will find yourself wanting to return many times. See you soon.

12 Vashon Farmers Market

Contact: Joanne Jewell

Address: In the Village Green in downtown Vashon

Phone: (206) 267-8146

Email: farmersmarket@vigavashon.org

Website: www.vigavashon.org

Hours: Saturdays, 10am - 2pm, year-round and Wednesdays, 2pm - 5pm, July 16-Oct. 15

Description: Vashon Farmers Market is a "producer only" market. Everything at the market has been grown or

made by the vendor. By purchasing the seasonal harvest and crafts, you are supporting our small farms and helping preserve a way of life that is deeply rooted on this island. Stop by each week to see how the market changes!



13 Auburn International Farmer's Market

The Cities of Algona, Auburn and Pacific are in partnership to establish a Farmer's Market in downtown Auburn in 2009. Much planning has already been accomplished and the partnership is actively soliciting the following key participants:

- Farmers/vendors
- Farmer's Market manager
- Steering committee members

Plan now to become a part of our first season!

Please contact Auburn Councilmember Bill Peloza at: bpeloza@auburnwa.gov or (253) 261-3235.

Local Farms

13 Serena Farms

Contact: Jason Serena

Address: 4400 S. 212th St., Kent

Phone: (253) 261-8789

Email: jser316@hotmail.com

Hours: October 4-31, Noon - Dusk

Description: Family-owned since 1996, Serena Farms is one of the largest pumpkin growers in Western Washington, with a wide selection and varieties to choose from. Come and enjoy our U-pick pumpkin patch, Corn Maze and Hay Ride this fall.



Plus, a wide variety of winter squashes to choose from.

Directions: The U-pick field is located on the corner of 212th and Orillia Road, just below SeaTac airport, off of I-5. From I-5, take Orillia Rd. S. exit and turn right until it turns into 212th. Farm is located on the corner of where Orillia Rd. turns into 212th.

14 Carpinito Brothers Farm

Contact: Chet Dixon/Leona Reinhardt

Address: 1148 Central Ave. N., Kent

Phone: (253) 854-5692

Email: leonar@carpinito.com

Website: www.carpinito.com

Hours: Daily, 9am-6pm

Description: Family owned for over 30 years. Open year-round for all your gardening and landscaping needs. Bark, topsoil and gravel delivered or U-haul. Flowers, hanging baskets, vegetable starts, nursery stock, planters, seeds, tools, gloves and more.

June-November we feature Carpinito-grown farm fresh produce picked daily: lettuces, spinach, greens, cabbage, corn, beets, carrots, English peas, broccoli, cukes, peppers, basil, cilantro, zucchini and winter squash. Washington items including berries, cherries, apricots, peaches, pears, apples, beans, tomatoes, potatoes, pickling cukes, spices, vinegar, dill, raw honey and more. October: U-pick pumpkin patch and corn maze. December: huge selection of green and flocked Christmas trees, florist quality poinsettias, garlands and wreaths.

Directions: From I-405, take Hwy 167 S. 84th Ave. exit, then left on 84th. We are located ½ mile on left.

Fresh Foods That May Benefit Your Health

Apples:	Protects your heart, Prevents constipation, Blocks diarrhea, Improves lung capacity, Cushions joints
Apricots:	Combats cancer, Controls blood pressure, Saves your eyesight, Slows aging process
Artichokes:	Aids digestion, Lowers cholesterol, Protects your heart, Stabilizes blood sugar, Guards against liver disease
Avocados:	Battles diabetes, Lowers cholesterol, Helps stops strokes, Controls blood pressure, Smoothes skin
Bananas:	Protects your heart, Quiets a cough, Strengthens bones, Controls blood pressure, Blocks diarrhea
Beans:	Prevents constipation, Helps hemorrhoids, Lowers cholesterol, Combats cancer, Stabilizes blood sugar
Beets:	Controls blood pressure, Combats cancer, Strengthens bones, Protects your heart, Aids weight loss
Blueberries:	Combats cancer, Protects your heart, Stabilizes blood sugar, Boosts memory, Prevents constipation
Broccoli:	Strengthens bones, Saves eyesight, Combats cancer, Protects your heart, Controls blood pressure
Cabbage:	Combats cancer, Prevents constipation, Promotes weight loss, Protects your heart, Helps hemorrhoids
Cantaloupe:	Saves eyesight, Controls blood pressure, Lowers cholesterol, Combats cancer, Supports immune system
Carrots:	Saves eyesight, Protects your heart, Prevents constipation, Combats cancer, Promotes weight loss
Cauliflower:	Protects against prostate cancer, Combats breast cancer, Strengthens bones, Guards against heart disease
Cherries:	Protects your heart, Combats cancer, Ends insomnia, Slows aging process,
Chestnuts:	Promotes weight loss, Protects your heart, Lowers cholesterol, Combats cancer, Controls blood pressure
Chili peppers:	Aids digestion, Soothes sore throat, Clears sinuses, Combats cancer, Boosts immune system
Figs:	Promotes weight loss, Helps stops strokes, Lowers cholesterol, Combats cancer, Controls blood pressure
Fish:	Protects your heart, Boosts memory, Combats cancer, Supports immune system
Flax:	Aids digestion, Battles diabetes, Protects your heart, Improves mental health, Boosts immune system
Garlic:	Lowers cholesterol, Controls blood pressure, Combats cancer, Kills bacteria, Fights fungus
Grapefruit:	Protects against heart attacks, Promotes weight loss, Helps stops strokes, Combats prostate cancer, Lowers cholesterol
Grapes:	Saves eyesight, Conquers kidney stones, Combats cancer, Enhances blood flow, Protects your heart
Green tea:	Combats cancer, Protects your heart, Helps stops strokes, Promotes weight loss, Kills bacteria
Honey:	Heals wounds, Aids digestion, Guards against ulcers, Increases energy, Fights allergies
Lemons:	Combats cancer, Protects your heart, Controls blood pressure, Smoothes skin, Stops scurvy
Limes:	Combats cancer, Protects your heart, Controls blood pressure, Smoothes skin, Stops scurvy
Mangoes:	Combats cancer, Boosts memory, Regulates thyroid, Aids digestion
Mushrooms:	Controls blood pressure, Lowers cholesterol, Kills bacteria, Combats cancer, Strengthens bones
Oats:	Lowers cholesterol, Combats cancer, Battles diabetes, Prevents constipation, Smoothes skin
Olive oil:	Protects your heart, Promotes weight loss, Combats cancer, Battles diabetes, Smoothes skin
Onions:	Reduce risk of heart attack, Combats cancer, Kills bacteria, Lowers cholesterol, Fights fungus
Oranges:	Supports immune systems, Combats cancer, Protects your heart, Strengthens respiration
Peaches:	Prevents constipation, Combats cancer, Helps stops strokes, Aids digestion, Helps hemorrhoids
Peanuts:	Protects against heart disease, Promotes weight loss, Combats prostate cancer, Lowers cholesterol
Pineapple:	Strengthens bones, Relieves colds, Aids digestion, Dissolves warts, Blocks diarrhea
Prunes:	Slows aging process, Prevents constipation, Boosts memory, Lowers cholesterol, Protects against heart disease
Rice:	Protects your heart, Battles diabetes, Conquers kidney stones, Combats cancer, Helps stops strokes
Strawberries:	Combats cancer, Protects your heart, Boosts memory, Calms stress
Sweet potatoes:	Saves your eyesight, Lifts mood, Combats cancer, Strengthens bones
Tomatoes:	Protects prostate, Combats cancer, Lowers cholesterol, Protects your heart
Walnuts:	Lowers cholesterol, Combats cancer, Boosts memory, Lifts mood, Protects against heart disease
Water:	Promotes weight loss, Combats cancer, Conquers kidney stones, Smoothes skin
Watermelon:	Protects prostate, Promotes weight loss, Lowers cholesterol, Helps stops strokes, Controls blood pressure
Wheat germ:	Combats colon cancer, Prevents constipation, Lowers cholesterol, Helps stops strokes, Improves digestion
Wheat bran:	Combats colon cancer, Prevents constipation, Lowers cholesterol, Helps stops strokes, Improves digestion
Yogurt:	Guards against ulcers, Strengthens bones, Lowers cholesterol, Supports immune systems, Aids digestion

** Consult a physician on the risks and benefits of changing your diet.*

15 Lazy River Farm

Contact: Linda Person

Address: 27010 78th Avenue S, Kent

Phone: (206) 963-5079

Hours: Mon., Wed., & Sat., Opens at 9am, June – late Sept.

Description: Welcome to our beautiful farm on the banks of the Green River between Kent and Auburn.

We specialize in the finest tasting, naturally grown U-pick strawberries, raspberries, blueberries and blackberries. We are open from 9am until all ripe fruit is picked. Because of limited supply and high demand, we strongly suggest you call ahead to reserve space and check availability.

Directions: Traveling north or south bound on Highway 167 (Valley Freeway) between Auburn and Kent, take the 277th St. exit and head east to 78th Ave. S. Turn left (north) for about ¾ miles on the right (east) side of the road.

16 Whistling Train Farm

Contact: Shelley and Mike Verdi

Address: 27127 78th Avenue S, Kent

Phone: (253) 859-5197

Email: Shelley@whistlingtrainfarm.com

Website: www.whistlingtrainfarm.com

Hours: Please call

Description: We use no chemicals! We grow a huge variety of vegetables – everything from artichokes to zucchini. We grow for flavor, quality and health! Ask about our Subscription Programs. Fresh eggs from happy, healthy, pastured hens. Fryers, naturally-raised Berkshire pork, and veal from calves raised on a real momma cow available by contract. Find us at farmers markets April-January and enjoy our produce at select restaurants.

Directions: From I-5 take 272nd St. exit, drive east into valley for 3 miles. Turn left on 78th Ave. From Kent East Hill, head west on 277th St. into valley and turn right on 78th Ave. From Hwy 167, take 277th St. exit and turn left on 78th Ave. Farm is ½ mile down 78th Ave. on left.



17 T & M Berries

Contact: Maria Breneman

Address: 27329 – 78th Avenue S, Kent

Phone: (253) 859-4193 or (253) 941-1435

Hours: Daily, 8am-6pm, during season

Description: Visit us this summer for our naturally grown strawberries. Nestled between Kent and Auburn, right off Hwy. 167, our small family-run U-pick is open daily during the season. Please call ahead for availability. Families are very welcome on our no-spray farm, but please no school or care groups.

Directions: Go south of Kent on 3rd, about 1.5 miles, or go north of 277th St. on 78th Ave. about ¼ mile. Watch for signs.

18 Fresh Flower Farm

Contact: Yee or Paochia Hang

Address: 28229 W. Valley Hwy. Kent

Phone: (253) 941-2380

Email: freshflowerfarm@msn.com

Hours: Daily, 10am-6pm, June-November

Description: Fresh Flower Farm is owned by the Hang family and has operated since 1997. We have many kinds of fresh cut flowers, arrangement bouquets, U-cut flowers, dry flower bouquets and farm fresh produce. Bring your kids and your camera and come enjoy full fields of all kinds of fresh flowers in bloom.

Directions: From SR 167 between Kent and Auburn, take S. 277th exit. Go West on 277th, then take a left onto W. Valley Highway. Go south

about ½ mile. We are on the right hand side.

19 Mosby Brothers Farm

Contact: Susan Beckler

Address: 12754 SE Green Valley Rd., Auburn

Phone: (253) 939-7666

Website: mosbyfarms@earthlink.net

Hours: Daily, 9am-6pm, May 1 – Sept. 30

Description: Stop by our farm stand and pick up some of your favorite in-season fruits & vegetables on your way home or on your way to Mom's house. Featuring locally-grown vegetables, honey and homemade jams, along with Eastern WA seasonal fruits & vegetables. Taste our delicious, fresh apples, blackberries, blueberries, pears, raspberries, strawberries, dill, green & yellow wax beans, broccoli, lettuces, onions, peppers, potatoes, spinach, squashes, tomatoes, zucchini and lots more! All farm fresh. Plus U-pick pumpkins in October.

Directions: Take Auburn-Black diamond exit off Hwy 18, then east on Auburn-black diamond Road, 1/8 mile. Then take Green Valley Road. Go past Green Valley Meats, farm is ¼ mile on left, farm stand is on right. Pumpkin Patch: head West off the free way exit.

20 Edeldal Farm/Little House Rugs

Contact: Judy Taylor

Address: 15429 SE Green Valley Road, Auburn

Phone: (253) 939-1350

Email: judytaylor@littleshouserugs.com

Website: www.littleshouserugs.com

Hours: Open year-round, 10am-dusk
Description: Visit our shop year-round. I do several shows out of town during the year, so best to call first to make sure I'm home! I specialize in custom rug hooking, hand spinning, knitting and felting, lavender products, dried flower arrangements, wool and wool products, hand hooked

rugs, felted hats and purses. We sell purebred Jacob Sheep, a small primitive breed which is easy to keep and produces excellent fleece for spinning. We have 300 lavender plants in 20 varieties, which bloom June-October. **Directions:** From Hwy. 18 take the Auburn-Black Diamond Road ext. Veer immediately to the right onto Green Valley Rd. We are 3 miles in on the right hand side on a sharp curve. Enter into the curve and you'll see our driveway in front of the barn (our barn say "Edeldal Farm" and has a sheep and goat on it).

21 Canter-Berry Farms

Contact: Clarissa Metzler Cross and Doug Cross

Address: 19102 SE Green Valley Road, Auburn

Phone: (253) 939-2706

Email: cbfdoc@prodigy.net

Website: www.blueberries4u.com

Hours: Open daily in harvest season, 8am-6pm approx. mid-July opening

Description: Our small, friendly farm raises both blueberries and American Saddlebred Show Horses. Home-steaded in the 1870's, we have been family owned for the past 54 years. We offer U-pick blueberries and fresh flowers in season. Frozen blueberries as available. Our fresh blueberry jam, syrup, vinegar and chutney are available all year at our farm salesroom and at our farmer's table at the Pike Place Market. Please call ahead or check our website for picking days. Holidays and non-harvest season hours are 10am-6pm for salesroom. Tours (15-50 people) by appointment. Mail-order available.

Directions: From I-5, take Hwy. 18 east. Take Auburn-Black Diamond Rd. exit. Keep turning right to SE Green Valley Rd. Farm is 5.5 miles on the left, 2 ½ miles west of Flaming Geyser State Park.

22 Trees 'n Bees

Contact: Carolyn Elliott

Address: 34747 162nd Ave. SE, Auburn

Phone: (253) 939-1149 or (866) 627-2857

Email: Carolyn@treesnbees.com

Website: www.treesnbees.com

Hours: Open year-round, Mon: 4-7pm, Thurs: Noon-7pm, Sat. 10am-4pm

For Christmas Trees: Daily, 9am-7pm, Nov. 28-Dec. 23

Description: Since 1972, our family-owned farm has raised Christmas trees and honeybees. The Pavilion offers fresh local honey, beekeeping supplies, unique gift items and Christmas decorations plus all-day seminars in honeybees and beekeeping. During Christmas season, in addition to trees, you will find complementary beverages, snack bar, play area for kids with Christmas videos, and Mrs. Claus. We grow Douglas, Noble, Grand, Pacific Silver and Sub Alpine Firs, Norway Spruce and others. We will gladly arrange a presentation/tour for your homeschool group, class field trip, boy scouts, or just your family. Located just east of Auburn.

Directions: Off I-5, take exit 142A, go 6 miles east on Hwy 18, take Auburn Black Diamond Road exit. Turn right at stop sign, cross river and turn right at the stop light. Turn right on SE Lk. Moneysmith Rd., go one mile. Farm is on right.

23 V2 Farm

Contact: Jenny Cunningham

Address: 20613 SE 4636th Street, Enumclaw

Phone: (206) 353-6695

Email: cowboy@v2farm.com

Website: www.V2farm.com

Hours: Tues.-Sat., 10am-6pm, June-Oct. 31, and by appointment Sun. & Mon.

Description: Experience the old West in farm country! V2 Farm Roadside Produce Stand has a bounty of healthy, delicious in-season produce grown NATURALLY using sustainable farming practices. Our family brand (established in 1917) offers hands-on farm experience. Discover a real working Western town, Indian village

of TiPis, a fishing pond and more. Farmer Andy offers hay rides around the farm where you might view eagles soaring, majestic Mt. Rainier as well as the Olympic mountains. Tours: large or small groups, schools, youth organizations, family, community clubs or corporate events. Fall events include corn maze and pumpkin patch. Please call or email to schedule.

Directions: Take I-5 to SR 18. Take Auburn/Enumclaw exit, go left off exit toward Enumclaw, pass the Muckle-shoot Casino, pass the White River Amphitheatre, farm is on right about 10 miles from Hwy. 18.

24 Rockridge Orchards

Contact: Wade Bennett

Address: 41127 212th Ave. SE, Enumclaw

Phone: (360) 825-1962

Email: jbennett@rockridgeorchards.com

Website: www.rockridgeorchards.com

Hours: Open year-round, Sat. & Sun., 1-4pm

Description: Life & Food should never be boring. Less than an hour from Seattle, in East King County, in the shadow of Mount Rainier, our orchards and farm offer a unique blend of exotic fruits, vegetables, crafts, hard and soft ciders and fruit wines. Visit our Website and take a virtual tour of the winery, bamboo forest, farm and orchards. Meet us in person at Ballard, Bellevue, Columbia City, Federal Way, Phinney Ridge, University District and West Seattle Farmer's Markets. Personal or group Winery/Farm Tours by appointment. **Directions:** Take Hwy 164 from Auburn. Turn left on 400th, at the next flashing light (212th) turn right. We are on the top of the hill on right.

25 Sunrise Blueberry Farm

Contact: Tom Maskal

Address: 500 Chicago Ave., Algona

Phone: (253) 333-0352

Hours: July, August and weather dependent, through mid-September. Usually daily, 8am-5pm; sometimes

closed Wed. & Thurs. Always call ahead!

Description: We have moved to a new location and have a new phone number. Please see directions or call the farm! CERTIFIED WSDA/ NOP ORGANIC SINCE 1976. The sweetest blueberries you'll ever taste! "We feed the soil, and the soil feeds the plant!" No herbicides, no fungicides, no synthetic pesticides, no chemical fertilizers. Hand picked at their peak of freshness! Fresh flats, washed and ready-to-freeze cases, and already frozen cases available. Try our exclusive 20 pound freezer case, no repackaging necessary! Use them right out of the case all year long. Quantity discounts for 10, 20, 30, 40 and 50 pounds. Stock up for winter! Per pound price less than Saturday markets. Your complete satisfaction guaranteed! Sorry, no U-pick available. Save time and gas, always call ahead to double check our days and hours, for availability of berries, and to place orders of 50 pounds or more.

Directions: Just south of Auburn in Algona, off of Hwy 167. From Hwy 167, take the Algona/Pacific exit, turn left (East) on Ellingson Rd. Go to traffic light, at the Jack-in-the-Box, and turn left (North) on Frontage Rd., which immediately becomes Algona Blvd. S. Go through one stop sign to the big fir tree at 5th Ave. N. Turn right (East) on 5th Ave. N. and go through one stop sign to the farm at the end of the street. Still the red shed at the end of the road.

26 Foxberry Farm

Contact: Ron & Cindi Fox
Address: 4220 Gay Road East, Tacoma
Phone: (253) 926-8407
Email: foxberry@q.com
Hours: Thurs. & Fri. 9am-5pm, Sat. & Sun 10am-4pm, July 10 – Sept, Closed Labor Day. Open by appointment after Oct. 1
Description: Our mom and pop U-pick farm opens July 10th for raspberry and some blueberries and honey



As you juggle your household budgets, don't forget to visit the worthwhile local super-markets that have wonderful produce and a demonstrated history of giving back to our community like Dash Point's Metropolitan Market.

(no strawberry). Followed in August with Asian and regular pears, plums, some canning cucumbers for pickles, beans, flowers, canning tomatoes, and blackberries. September brings at least 9 varieties of potatoes, fall and winter squash, apples, fall raspberries, and corn. Our farm is very family friendly with a large orchard to enjoy your picnic lunch. Please call ahead for availability of products and as always the answering machine is updated daily.

Directions: From I-5, take exit 135 (Hwy 167) past Emerald Queen Casino. Go approx. 2 miles. Turn right at espresso stand; go ½ mile. Farm is on the left – follow signs.

27 Duris Cucumber Farm, LLC

Contact: Sondra Andrews
Address: 6012 44th St. E., Puyallup
Phone: (253) 922-7635
Hours: June - Sept., open daily at 9am
Description: We grow and sell direct from our farm market. Fresh strawberries, green beans, pickling cucumbers, slicing cucumbers, zucchini and yellow squash, and dill. Open to the public beginning about June 1 for strawberries. U-pick strawberries at

our Kent Field, at the corner of Washington & Frager Road.

Directions: (From Hwy. 167, take Willis St. exit. West on Willis, South on Washington to Frager). Farm market features all our own produce plus fruits and vegetables from other farms in Washington state. We carry everything you need to make your own delicious pickles. Cold-Pack pickle demos on Saturdays during pickling season. Midway between Puyallup and Tacoma on Hwy 167 (River Rod. Hwy).

28 Terry's Berries

Contact: Terry Carkner
Address: 4520 River Road, Tacoma
Phone: (253) 922-1604
Email: terryann@terrysberries.com
Website: www.terrysberries.com
Hours: Daily, 10am-6pm, May-Oct., and Tuesdays/Wednesdays the rest of the year.
Description: Berries, veggies, apples, too, we grow organic just for you! Celebrating 25 years of growing great berries and veggies in the Puyallup Valley. Shop at our farm store or join our CSA to reserve your share of the harvest for more than 10 months of the year. Choose from the huge variety

of veggies, pick-your-own flowers and herbs. Savor freshly-picked berries in season or frozen berries all winter. Farm-fresh eggs available year round. Join us for apple picking and cider pressing October weekends and pick your own pumpkin from the pumpkin patch. School tours by appointment.
Directions: Two miles from I-5, exit 135, toward Puyallup on River Road. For more information and detailed directions, visit our website.

29 Linbo Blueberry Farm

Contact: Richard Linbo

Address: 8405 Fruitland Ave. E., Puyallup

Phone: (253) 229-6438

Email: blubryfrmr@clearwire.net

Website: www.linboblueberries.com

Hours: Daily, 9am - 7pm, July 15 – season end

Description: The natural bog of this over sixty year old blueberry farm and the ten seasons of ecologically sound practices mean the 2030 plants bear the best, healthy fruit on the varied cultivars. Come enjoy the U-pick experience and taste the difference. Bring the family and pick for fresh use or to freeze for use all winter long.

Directions: From I-5, take the Puyallup exit to downtown Puyallup (as if going to the fairgrounds). From Hwy 167 (Valley Freeway) go to the end, take a left to downtown Puyallup. Take Meridian toward the fairgrounds. Turn right on 7th Ave. SW. Follow it to the end at Fruitland Ave. Turn left on Fruitland Ave. & go uphill about 1 mile to the farm on the left at 84th. Detailed directions on our website.

30 Meat Shop of Tacoma

Contact: Lee Markholt

Address: 13419 Vickery Ave. E., Tacoma

Phone: (253) 537-4490

Email: organicmeatshop@att.net

Website: www.meatshopoftacoma.com

Hours: Mon—Friday, 8am—6pm.

Saturdays, 10am—5pm, year-round

Description: Certified organic meat and poultry sales. We offer custom

cutting and wrapping and poultry kill/processing. The finest certified organic beef, pork and poultry, eggs and cheese. Chemical free ham, bacon, lunch meats and sausages. Naturally grown lamb and bison. Stop by and visit for a delicious healthy choice.

Directions: Take exit 127 off I-5. Go east on Hwy 512 to Portland Ave. Turn right on Portland Ave. to 112th St. Turn left on 112th to Vickery Ave. Right on Vickery to 13419.

31 Spooner Farms

Address: 9710 State Route 162 E., Puyallup

Phone: (253) 840-2059

Website: aspooner@spoonerfrms.com

Hours: Please call

Description: Start your summer with our own daily-picked strawberries, raspberries, blackberries and blueberries. Fall time is great family fun in our 5-acre corn maze. U-pick pumpkins, pumpkin slingshots, concessions, great fall decorating items and gifts. Bring your camera and the kids to meet Patty Pumpkin and Blinkey the Bear.

Directions: From I-405, get on Hwy 167 heading south toward Kent/Auburn. Merge onto Hwy 410 East toward Sumner/Yakima. Take Hwy 162E/Valley Ave., exit toward Orting. Right onto Valley Ave. E., Hwy 162, end at the farm.

32 Scholz Farm

Contact: Allen Scholz

Address: 12910 State Route 162 East, Orting

Phone: (253) 848-7604

Email: scholzfarm@msn.com

Hours: Daily, 9am-6pm, June 1 – Oct. 31

Description: We are a fourth generation working farm with an on-farm produce and retail stand. We feature our own fresh seasonal fruits and vegetables including strawberries, raspberries, blueberries, rhubarb, green beans, and our famous sweet corn; also custom-grown fruits and vegetables (cherries, peaches, pears and apples)

from our friends in Yakima. The first Saturday of October @ 10am kicks off our fall harvest season with the Annual Giant Pumpkin Competition. We have a free corn maze, farm animals, pumpkins, painted pumpkins, gourds, squash and a variety of other fall crops. During October we offer farm tours by reservation.

Directions: From Tacoma, go to Puyallup, travel east on Pioneer Ave. to Hwy 162 (Sumner-Orting Valley Hwy), turn right; continue 3 miles. Farm is on the right just past 128th St. E. Please call for directions.

33 Take Root Farm

Contact: Jennifer Miller

Address: 24416 Buckley-Tapps Hwy. E., Buckley

Phone: (253) 891-FARM

Email: takeroot@msn.com

Website: www.takerootfarm.com

Hours: Pick-up days are Wed. & Fri.

Description: Enjoy a share of the harvest at Take Root Farm and get fresh, chemical-free produce year-round. Summer season: Mid-June through October. Receive a share of fresh-picked vegetables and come to “your” farm, feel and smell the earth and your “root” connection to life, while picking fresh flowers and herbs from the U-pick areas. Most vegetables, herbs and flowers during the summer season are grown on the farm according to organic standards. Our shares also contain fruit, much of which comes from other organic farms. Winter and spring shares contain a wide variety of certified organic vegetables and fruit.

Directions: From Sumner, Go East on Hwy 410 up the hill to the light. Turn left onto Sumner-Buckley Hwy. Go 4 miles. Turn left onto Buckley-Tapps Hwy (street sign is on left side of street). Farm is on left shortly after the turn. From Enumclaw: Follow Hwy 410 thru Buckley to the intersection of 410 and Mundy-Loss (there will be a light). Turn right. Go almost 4 miles, then turn right onto Buckley-Tapps Hwy. Farm is on left shortly after the turn.

Crop Schedule

Weather may change harvest dates

 harvesting season

Compiled by
Councilmember
Pete von Reichbauer

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
Apples (Fresh Picked)												
Asparagus												
Beans												
Beets												
Blackberries												
Blueberries												
Boysenberries												
Broccoli												
Brussels Sprouts												
Cabbage												
Carrots												
Cauliflower												
Celery												
Cherries (Pie)												
Cherries (Sweet)												
Corn												
Cucumbers												
Currants												
Dill												
Garlic												
Gooseberries												
Herbs												
Honey												
Lettuce												
Logan Berries												
Marion Berries												
Melons												
Nuts												
Onions												
Peas												
Peppers												
Plants (Bedding)												
Potatoes												
Pumpkins												
Quince												
Raspberries												
Raspberries (Fall)												
Rhubarb												
Spinach												
Squash												
Strawberries (June)												
Strawberries (Everbearing)												
Tomatoes												
Zucchini												





King County Councilmember Pete von Reichbauer

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Jennifer Dovey, Pete, Rose Ehl, Mayor Jack Dovey and Karla Kolibab come together to promote this year's Federal Way Farmers Market.



Emerald Downs founder Ron Crockett and Pete discuss the importance of the equine industry in South King County.



An alpaca makes its case to be "Royal Critter" and mascot of the King County Fair.



Pete examines fruits and vegetables at a local farmers market.



Pete visits historic Mary Olsen Farm in Auburn and looks on as local first graders learn how to plant seeds.